

## One Pan, Big Flavor: My Go-To Honey Garlic Sausage Pasta That's Always a Hit

: The honey and soy create a balanced sauce that's bold without being overpowering.



**TIME**  
**30 min**

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### INGREDIENTS

8 oz pasta (penne or rotini work best)  
1 lb sausage (Italian, smoked, or chicken sausage), sliced into coins  
3 cloves garlic, minced  
... cup honey  
... cup soy sauce  
1 tbsp apple cider vinegar  
‰ tsp red pepper flakes (optional for a little kick)  
2 tbsp olive oil  
Salt and black pepper, to taste  
Fresh parsley, chopped, for garnish

### DIRECTIONS

- 1.** Cook the Pasta: I bring a large pot of salted water to a boil and cook the pasta until it's just al dente. Once drained, I set it aside, but I always reserve a bit of pasta water in case I need to loosen up the sauce later.
- 2.** Pro tip: Salt your pasta water like you mean it-it's the first layer of flavor.
- 3.** Brown the Sausage: While the pasta's boiling, I heat 2 tablespoons of olive oil in a large skillet over medium heat. I add the sliced sausage in a single layer and let it cook undisturbed for a few minutes to get those crispy golden edges. Then I flip and stir for another 3-4 minutes until they're browned and cooked through.
- 4.** Add the Garlic: Once the sausage is golden and smelling amazing, I stir in the minced garlic. I only cook it for about a minute-just long enough to become fragrant without burning.
- 5.** Make the Sticky Sauce: In a small bowl, I whisk together the honey, soy sauce, apple cider vinegar, and red pepper flakes. Then I pour the sauce straight into the skillet, stirring it into the sausage and garlic.
- 6.** It only takes a couple minutes of simmering for the sauce to thicken slightly and get that shiny, sticky texture that's perfect for coating pasta.
- 7.** Bring It All Together: I add the drained pasta to the skillet and toss everything together until it's evenly coated. If the sauce feels too thick, I loosen it with a splash of reserved pasta water. I let it cook together for another 2-3 minutes so the pasta really soaks in the flavor.

8. Then I taste and adjust with a pinch of salt or black pepper if needed.
9. Garnish and Serve: Off the heat, I sprinkle chopped fresh parsley over the top and serve it up hot. Sometimes I grate a little Parmesan over it too-because why not?

## SWAPS & NOTES

for a weeknight dinner that doesn't taste like a shortcut:  
Sticky-sweet meets savory : The honey and soy create a balanced sauce that's bold without being overpowering.

Garlic brings depth : Minced fresh garlic is the backbone of the flavor here-don't skip it.

Crispy sausage = flavor bomb : Browning it first gives you that little caramelized edge that elevates everything.

The sauce clings to the pasta : Penne or rotini catch all the nooks of that glaze for maximum flavor in every bite.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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